

## Dementia and Peer Mentoring Project

If you care for someone with dementia it may be that you are experiencing feelings of isolation and could do with someone to talk to. Manchester Carers Forum have a group of volunteers who have direct experience and understanding regarding caring for someone with dementia. A volunteer can keep in regular contact with you by telephone and visiting your home, giving you opportunities to talk about the issues that matter to you.

### For more information call

Jackie Moran  
Anne Connolly

0161 819 2226

07813091797

For further information

Tel: 0161 819 2226

Fax: 0161 819 2227

Email:

[info@manchestercarersforum.org.uk](mailto:info@manchestercarersforum.org.uk)

Manchester Carers Forum  
Gaddum House  
6 Great Jackson Street  
Manchester  
M15 4AX

[www.manchestercarersforum.org.uk](http://www.manchestercarersforum.org.uk)



**Have you had a Carers Assessment through Manchester City Council?  
Get support by calling 0161 234 5001**



At Manchester Carers Forum (MCF) we recognise the vital role that carers play within society. Carers in Manchester alone save the local economy £897 million a year.

We understand the importance in valuing carers and supporting them so they can continue doing such an important and invaluable job.

## Having a Voice

At MCF we give carers the opportunity to have a voice through taking part in research projects to getting involved in the training programmes for social workers.

## Legal Advice Appointments

An opportunity to get some advice on legal matters  
At MCF Offices  
Last Friday of the month  
Call 0161 819 2226 for an appointment

## Computer Group

Confident about using a computer, not sure how to get the most out of the internet? Wanting to learn a new skill? Come along and Tommy will show you how.

## Support Groups

We have various monthly support groups across Manchester. These include refreshments, guest speakers and pamper sessions (when we are able to get funding). These are vital opportunities for carers to get together, feel supported, share knowledge, have a break and have an opportunity to relax.

### Forum Meeting

Gaddum House  
6 Great Jackson Street  
Manchester M15 4AX

1st Monday of the Month  
12.00pm - 2.00pm

### South Group

Crossacres Resource Centre  
1 Peel Hall Road  
Wythenshawe, M22 5DG

2nd Tuesday of the month 12pm - 2pm

### East Group

Openshaw Resource Centre  
10 Catherine Street (Off Ogden Lane)  
Manchester, M11 1WF

4th Wednesday of the month  
11.00am—1.00pm

### North Group

Cheetham Hill Medical Centre  
244 Cheetham Hill Road  
Manchester, M8 8UP

1st Wednesday of the month  
10.30am - 12.30pm

### Hulme Group

Turing House, Archway 5, Manchester,  
M15 5RL

3rd Monday of the month at  
11.00am - 13.00pm

### HANDS Group

For carers who care for someone with a substance misuse issue  
Gaddum House  
6 Great Jackson Street  
Manchester, M15 4AX

2nd Monday of the month  
11.00am - 13.00pm

### Levenshulme Evening Group

This group is aimed at working carers, but all carers are welcome  
Energy Box Sports Centre,  
Levenshulme High School, Crossley  
Road, Levenshulme, M19 1FS

6pm - 8pm

3rd Thursday of the month  
Access to Zumba (women only)  
and a range of other exercise classes  
for everyone.